



Yoga-Mitra

for Harmony, Health, and Happiness



Summer Camp

Gurukul



2012

Holistic Center (GYHC)
A Science of Living Institution

1 week of fun-filled Indoor Yoga Summer Camp (June 25th - June 29th)

Hi, Namaste and Welcome to **Summer@GYHC** and let us get a head-start on the summer vacation with Yoga! It is our 6th year holding the camps with over 150 campers served so far! In this fun-filled Indoor Yoga camp for kids ages 7 to 14, (ages 15-17 can be volunteer counselors), campers will learn the basics of the science and practice of Yoga for harmony, health, and happiness by building strong, flexible, and relaxed bodies and strong, peaceful minds thus improving overall personalities to become better in **sports, studies, leadership, and positive attitude** as well. There will be **interactive sessions, arts & crafts and skits!** We focus on **Anti-Bullying** skills too.

Benefits for Life: Yoga-Mitras will follow consistent practice of body and breath warm-up routines, postures for building strength, flexibility, tone, and improving circulation in the body, breathing techniques to improve lung capacity to build **stamina, resistance to allergies, asthma, coughs and colds, reduce stress, anxiety, anger and pain**, conscious relaxation to create a healing environment in the body and mind, and meditation to clear the mind and improve concentration and focus. These benefits will help them throughout their life!

What to bring? Wear loose clothing; bring a bath towel or a yoga-mat, your body with a light or empty stomach, an open mind, and a broad smile! **Bring a healthy, brown-bag, vegetarian lunch.**

What will be provided? A Yoga-Bag or a T-shirt, two healthy vegetarian Snacks/Day, and arts and crafts materials.

How to register? In person at the Gurukul Yoga Holistic Center (GYHC), by mail or online at www.gurukulyoga.com. Please call us at **908 526 0002** or email us at gurukul@gurukulyoga.com for any questions.

Caution: Consult with your Doctor if there are any health concerns before undertaking Yoga.

Yoga - Mitra Summer Camp 2012 Schedule and Tuition

- **Tuition for Camp (5-days): 9am-4pm: \$230.00/week; Day/half-day option available**
- **Multiple sibling discount available**
- Maximum # of Campers/week: 16; Registration on first-come first-served basis
- Registration and Payment Deadline: **May 31st**; Early Bird discount \$10.00; Deadline: **May 1st**
- Yoga-Mitra Camper tuition includes 2 snacks/day, Yoga-Gift(Bag or a T-shirt), and Arts & Crafts and certificate of achievement; Counselors receive certificate for community service hours
- No Tuition refunds; Checks payable to Gurukul, LLC and a \$25.00 fee for bounced checks will apply
- **Teens (ages 15-17) and Adult/Parent Volunteers needed!**

=====Cut Below =====

Camper's Name: _____ **Age:** _____

Parent's Name: _____

Address: _____

Phone and Emergency contact including email: _____

Food Allergies or any other medical condition: _____

Parent's Signature: _____

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Email: gurukul@gurukulyoga.com URL: www.gurukulyoga.com

Billions Yet To Be Served...